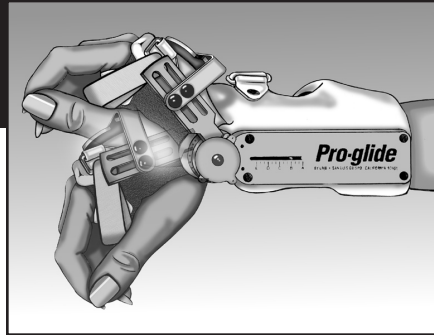




## Pro-Glide™ Dynamic Wrist

Single Patient Use Only • Rx Only



### IMPORTANT INFORMATION

Please read all instructions before use. Correct application is essential to proper functioning of product.

### PRECAUTIONS

These products are to be fitted initially by a health-care professional that is familiar with the purpose for which they are used. The healthcare professional is responsible for providing wearing instructions and precautions to other healthcare professionals, care providers involved in the patient's care, and the patient. If unusual swelling, skin discoloration or discomfort occurs, use should be discontinued and a healthcare professional consulted. Caution should be used if any of these conditions exist:

- Peripheral vascular disease
- Healing skin wounds
- Heterotopic ossification

### CONTRAINDICATIONS

The **Pro-Glide™ Dynamic Wrist** should not be used if any of the following conditions exist:

- Severe osteoporosis
- Thrombophlebitis

### INTENDED USE

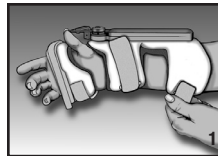
The **Pro-Glide™ Dynamic Wrist Orthosis** was designed for the treatment of joint stiffness and established soft tissue contractures which may have

resulted from trauma, immobilization, or neurological disorders. Protocols for use vary depending on the diagnosis and should be determined after consulting with the patient's physician. This orthosis combines flexion and extension modes in a single unit. Each orthosis is delivered in an extension mode. Conversion to flexion is described in detail in step 5.

### DIRECTIONS FOR USE

#### 1. Apply the Orthosis:

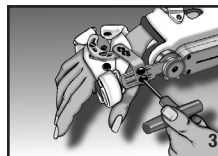
Open the orthosis by pulling the burgundy ends of the two forearm straps, and loosen the palmer strap. Open the forearm cuff by pulling the sides apart to allow easy application to the wrist. Slide the orthosis onto the hand and wrist.



2. **Shape the Forearm Cuff** around the wrist/forearm, and attach the two straps. **Note:** The strap end with the burgundy stripe is used for quick donning and doffing.

#### 3. Adjust Hand Cuff:

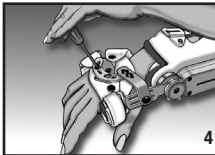
Using the supplied 3/32" Allen wrench, loosen the two pair of Allen screws to adjust the length and width of the hand cuff. Retighten



the screws. Pull each end of the palmer strap to tighten the hand cuff.

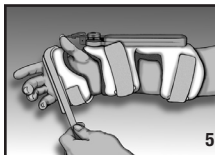
**4. Adjust for Ulnar/ Radial Deviation:**

Using the supplied Allen wrench, loosen the two Allen screws on top of the hand cuff. Rotate the cuff right or left to accommodate for any deviation.

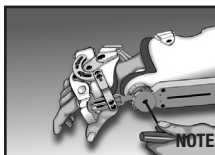
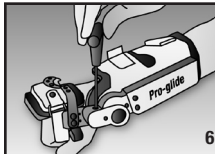


**5. Tighten Hand Cuff:**

Pull the white ends of the straps to tighten the cuff.



**6. Apply Tension:** Insert the supplied 1/8" Allen wrench into the tension adjustment screw located in front of the brass gear. **Note:** The adjustment screw can be accessed from both the top and the bottom of the hinge.



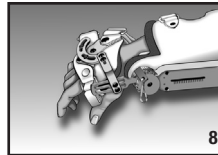
**7. Extension/Flexion**

**Conversion:** To convert the orthosis from extension to flexion, continue turning the tension adjustment screw in the direction that brings the cable, located in the hinge, around to the top of the channel. To convert from flexion to extension, turn the adjustment screw in the opposite direction to bring the cable around the bottom of the channel.

**8. Pro-lock™ EZ**

**Application Pin:** The

Pro-lock pin allows the orthosis to be donned doffed without completely removing the tension. Remove the Pro-lock pin by pulling it out of the hinge and position it in the locking hole. Gradually move the orthosis arm against the applied tension force while pushing down on the Pro-lock pin. The Pro-lock pin will snap into place at 0°, 45°, or 90°. The orthosis may be removed by unfastening the straps. The orthosis will maintain its position. To remove the Pro-lock pin, reapply the orthosis and secure all straps. Move the arm against the applied tension to take the pressure off the pin. Pull the pin out and replace it in the holding hole.



**WASHING INSTRUCTIONS**

Wash with mild detergent and warm water. Dry on low heat. **Note:** Close hook and loop strap before washing.